

SUNDAY / DOMINGO

10:00AM Rise & Shine, Veterans Memorial Hall, 60 Lake Rd, Congers, NY, 10920 (O,D,JT,BK)

MONDAY / LUNES

7:30PM Back to Basics, Haverstraw Center, 50 West Broad St, Haverstraw, NY, 10927 (O,B,NS)

TUESDAY / MARTES

5:30PM Change or Die, Quaker Friends Building, 60 Leber Rd, Blauvelt, NY, 10913 (O,B,RF,WC) Meeting outdoors

FRIDAY / VIERNES

7:30PM The Choice is Ours, Grace Episcopal Church, Basement, Btwn N Franklin St & N Broadway, 130 First Ave, Nyack, NY, 10960 (O,B,JT)

SATURDAY / SABADO

10:00AM No Excuses, Veteran's Memorial Hall, @ Green St., 60 Lake Rd, Congers, NY, 10920 (C,JT,Pi,BK,WEB,HY) PW 110619

7:00PM Staying Alive, RCADD, Inc. (Nanuet Pavilion), 25 Smith St, Suite 101, Nanuet, NY, 10954 (O,B,NS) Meeting in the parking lot. Masks Required + Social Distancing

9:00PM Saturday Night Alive, Nyack Hospital, Cafeteria Conference Room, 160 N. Midland Ave, Nyack, NY, 10960 (O,B,RF,NS,WEB,HY) PW 777777

VIRTUAL MEETINGS

Find virtual meetings at newyorkna.org/meetings

MEETING FORMAT LEGEND

B	Beginners	BK	Book Study
C	Closed	D	Discussion
HY	Hybrid Meeting	JT	Just for Today
NS	No Smoking	O	Open
Pi	Pitch	RF	Rotating Format
WC	Wheelchair	WEB	Online Meeting

HELPLINES

Greater New York Regional Helpline	212-929-NANA (6262)
Eastern Long Island Area Helpline	631-689-NANA (6262)
Open Arms Area Helpline	1-800-498-5224
Greater New York Regional Service Office	212-929-7117

SERVICE MEETINGS

PHONE NUMBERS

What is our message?

**The message is that an addict,
any addict, can stop using drugs,
lose the desire to use,
and find a new way to live.
Our message is hope
and the promise of freedom.**



**ROCKLAND AREA
MEETING LIST
JANUARY 2022**

Meetings Weekly: 7